

AVASTHANAM

Yoga Academy & Spiritual Retreat Center

UBUD • BALI • INDONESIA

AUTHENTIC YOGA • KUNDALINI • KRIYA • MEDITATION

A Sanctuary for Practice & Inner Exploration

Avasthanam offers yoga teacher training, Kundalini and Kriya programs, meditation and silent retreats, workshops, spiritual counselling, and online learning. The approach combines traditional yogic teachings with practical training in a peaceful Bali setting.

avasthanam.com

About Avasthanam

A space to explore yoga, healing, wellness and inner development.

Avasthanam describes itself as a yoga academy and spiritual retreat center in Ubud, Bali. Its stated mission is to support individuals in exploring and realizing higher human potential through yoga, meditation and holistic wellness, with an emphasis on spiritual growth, physical wellbeing and inner peace.

The center presents a traditional and inclusive approach that includes Hatha, Kundalini, Kriya, meditation and multi-style yoga practices. Programs are designed for both practitioners seeking personal development and students preparing to teach.

Tradition & Learning

The website references Himalayan teachings, the Tamil Siddha tradition, yogic philosophy, meditation, pranayama, kriya and practical teaching methodology.

International affiliation

The website states that Avasthanam is a Certified Internationally Recognized & Registered Yoga School (IYS®), certified by the International Yoga Organisation (IYO), Karnataka, India, and lists Registration ID IYS1181.

Styles/modules listed on the website include Ashtanga & Hatha, Kundalini & Vinyasa, Yin & Restorative, Iyengar & Power, Prenatal & Postnatal, Mudra Meditation and Mindset Systems.

Yoga Teacher Training Courses

Structured pathways for foundational, intermediate and advanced study.

100-Hour Yoga Teacher Training

Foundation training covering multi-style yoga, physiology and Ayurveda, self-study and silence time.

200-Hour Yoga Teacher Training

Comprehensive training including meditation/Yoga Nidra, pranayama and mantra, philosophy, Q&A, satsang and multi-style yoga.

300-Hour Yoga Teacher Training

Advanced study including physiology and Ayurveda, self-study and silence time, and Satkarma.

500-Hour Yoga Teacher Training

Advanced long-form training with a deep learning environment, yogic diet and comfortable accommodation.

The website also describes the 100-hour program as a foundation that can form the first stage of the 200-hour pathway, allowing students to build their training progressively.

Kundalini Yoga Teacher Training

Avasthanam's dedicated Kundalini teacher-training offering focuses on traditional Kundalini Kriya, energy anatomy, chakras, nadis, prana, mantras, mudras, pranayama, meditation, teaching methodology and student safety.

- 100-Hour Kundalini YTTC — foundation-level training in Kundalini kriyas, meditations, yogic philosophy/lifestyle, humanology and anatomy/physiology.
- 200-Hour Kundalini YTTC — comprehensive training with teaching methodology, practicum, philosophy, Q&A, satsang and multi-style yoga.
- 300-Hour Kundalini YTTC — advanced teaching methodology, intensive practicum, advanced Kundalini philosophy, Q&A, satsang and advanced multi-style yoga.
- The current homepage also displays 500-Hour Kundalini YTTC and 1500-Hour Master Training as advanced pathways; availability and structure should be confirmed directly with Avasthanam.

Retreats & Immersive Programs

Dedicated spaces for silence, meditation, breathwork, Kundalini and spiritual practice.

Kundalini Yoga Retreat

An immersive retreat combining Kundalini practices, kriyas, meditation, pranayama, chakra-focused practices, energy work, silent reflection and teacher guidance.

Silent / Vipassana Retreat

A structured retreat centered on noble silence, digital detox, Hatha Yoga, Kriya Yoga, meditation and pranayama, with periods for introspection and reflection.

Spiritual Retreat

A deeper immersion in traditional meditation and breathwork, self-inquiry, mindfulness and holistic wellbeing.

10-Day 3-K Kundalini Workshop

The 3-K framework is Karma, Kriya and Kayakalpa, supported by Hatha, Kundalini asana, Kriya, Yoga Nidra, philosophy and traditional practices.

Yoga Retreat in Rishikesh

Avasthanam also lists 4-day and 7-day retreat options in Rishikesh with Hatha, Vinyasa, Restorative and Yin, meditation, breathwork, Kundalini-inspired kriyas, vegetarian meals and Ganga/Himalayan excursions.

10-Day Atma Sadhana Workshop — Nepal

A Himalayan-focused program with yoga, pranayama, meditation, silence, mindfulness, nature walks, spiritual excursions and vegetarian/vegan meals.

3-K Kundalini Workshop — Core Themes

Karma Yoga • Traditional Kriya Yoga • Kaya Kalpa • Hatha Yoga • Kundalini Asana • Yoga Nidra • Kundalini Philosophy • Self-introspection • Traditional rituals

Kundalini, Kriya & Online Learning

The 3-K program is presented as a 10-day immersive workshop. The website describes Karma Yoga as selfless service, Kriya Yoga as a traditional system involving breath, meditation and posture, and Kaya Kalpa as practices associated with vitality and rejuvenation.

Online Yoga Classes

Avasthanam offers online learning for practitioners who cannot attend in Bali. The website describes live classes, pre-recorded videos, guided meditations, community support and personalized plans. Listed styles include Hatha, Vinyasa, Yin, Power, Prenatal and Chair Yoga.

12-Week Online Kundalini Kriya Yoga Course

- 15 Mental Body Sukshma Kriyas
- 7 Physical Body Sukshma Kriyas
- 3 Chakra Asanas
- Tattva Dhyaanam and Beeja Mantra Chanting
- Kriya Yoga Darshanam
- 4 transformational classes per week, video guidance, notes and practice support

6-Week Online Kundalini Kriya Yoga Course

- 9 Mental Body Sukshma Kriyas
- 5 Physical Body Sukshma Kriyas
- 1 Chakra Asana
- Tattva Dhyaanam and Beeja Mantra Chanting
- 4 classes per week, video guidance, notes and ongoing support

Spiritual Counselling & Personal Guidance

Avasthanam offers spiritual counselling in Ubud, described on the website as a space for self-inquiry, inner peace, moral and ethical development, integration of yogic wisdom and enhanced awareness. The site associates this service with the 18 Siddha Yogi Raj lineage and personalized guidance.

The website also lists broader practice categories including fitness, meditation, motivation, inspiration, Ashtanga and Kundalini.

Practice & Wellness Environment

- Yoga and asana practice across traditional and multi-style approaches
- Pranayama, breathwork and meditation
- Kundalini kriya and energy-focused practices
- Yoga Nidra, mantra and mudra practices
- Self-study, silence and reflective practices
- Sattvic / vegetarian-style nourishment on selected residential programs
- Guidance and community support for retreat and training participants

Avasthanam in Bali

The main center is listed in Ubud, Bali, Indonesia. Program venues and residential arrangements may vary by course, dates and availability; confirm current details before booking.

Who Can Join?

The website presents programs for beginners, experienced practitioners, aspiring teachers, meditators and spiritual seekers. Individual eligibility can vary by course.

Choose Your Path

A simple way to explore the Avasthanam offering.

If you want to...	Explore...
Build a yoga foundation	100-Hour Yoga Teacher Training
Become a yoga teacher	200 / 300 / 500-Hour YTTC
Go deeper into Kundalini	Kundalini YTTC or Kundalini Retreat
Explore Karma-Kriya-Kayakalpa	10-Day 3-K Kundalini Workshop
Practice silence & meditation	Silent / Vipassana Retreat
Deepen spiritual practice	Spiritual Retreat / Atma Sadhana
Study from home	Online Yoga & Kundalini Kriya Courses
Seek individual guidance	Spiritual Counselling

CONTACT AVASTHANAM

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Important

Course names, durations, dates, prices, accommodation and discounts can change. This brochure summarizes the services and programs displayed on the Avasthanam website and should be confirmed with the center for the latest intake and booking information.